June 18, 2021
Issue #57

Karla Groesbeck,
owner of Tai Chi Love

# The CrazyWisdom Weekly

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# The Crazy Wisdom Weekly

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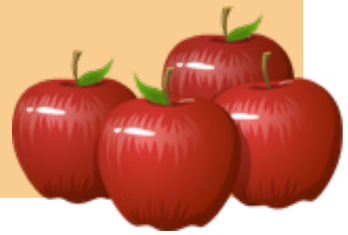
## *The Crazy Wisdom Community Journal* is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.



# New Summer Hours at Crazy Wisdom Bookstore

## Monday-Thursday 11-7
## Friday-Saturday 11-8
## Sunday 12-5

***We still require masks in our store,***
***but we no longer have capacity limitations***

**Our Tea Room is still closed**

CRAZY WISDOM
bookstore & tearoom

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Karla Groesbeck
Chrissy Barua
Laurel Hogge
Jennifer Carson
Carol Karr
Bill Zirinsky

### word of the week:

**Volent**

exercising will power

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.





From our Blog

# Chrissy Barua Eats the World

By Chrissy Barua

*What's for food? Where to next?* Believe it or not, these two questions roll through my mind each and every day as I search my mind for ideas for my next delicious meal, or my next far-off adventure. Appetites for both, insatiable. Food and travel, the fabric of my being. And, as it turns out, the subject of my little passion project.

My love of travel was borne from station wagon adventures. Each summer, my family and I poured over maps and guidebooks, and followed the yellow-highlighted road from Miami to Buffalo and back each summer as we traveled over the river and through the woods to my grandparent's house. These road trips were filled with laughter and music that started with Disney and morphed into Weird Al and all his greatest hits before my brother and I grew up and retreated into our Walkmans and Game Boys, and Mom and Dad saw fit to finally take back the radio. After that, Simon and Garfunkel, James Taylor, and John Denver crooned as we drove through West Virginia and beyond. Though we made this round trip at least twenty times through the course of my childhood, it never failed to be an adventure for us each time with diversions to Baltimore, the Luray Caverns of Virginia, or the Corning glass factory in New York.

While these were hardly the sorts of trips akin to those splashed across National Geographic, these experiences combined with my own parent's travel tales created a broader appreciation for the world outside our small Miami suburban bubble that made me want to see, well, all of it. Souvenirs of their own escapades were visible in every corner of our house from gilded tapestries from Burma to cuckoo clocks from Switzerland and steins from Oktoberfest. It seemed every trinket had a story about where it come from and how it was obtained. A feature of my own home nowadays. I guess it's safe to say I learned by example.

Barua.jpg
In the same way that I can trace my love of travel to those childhood road trips, it's safe to say my love of food is also rooted in family, and the food we shared not only around our own table, but those of our friends as well. My mother, Canadian by birth but Hungarian by descent, and my father, who hailed from across the globe and was raised on the Bay of Bengal, made for an admittedly interesting mix. Growing up in a multicultural household, it wasn't uncommon to find dahl and rice served alongside cabbage rolls and paprikash. Further, we lived in Miami, surrounded by a group of friends that were happy to show their love through food and thankfully share their own family recipes; arroz con pollo, empanadas, dosa, and more bites from around the globe often found their way to our table.

The reality was that Mom just never makes a bad meal, but until I started cooking for myself, I couldn't truly appreciate it. I grew up eating the furthest thing from bland food one could imagine, and I surely wasn't going to start when I finally ventured out on my own.

So I started a food blog, on a whim, and here we are almost seven years later still eating well and traveling often. I styled it in a way that would ensure that I made the effort to cook proper meals as I cooked for one. I drew inspiration from not only my own family's food traditions, but those of my friends, and most notably, my own travels. When I travel with my friends, we aspire to eat a lot and to eat well, and so cooking transported me back to my favorite places with my favorite people, eating our favorite foods; favorites that often end up become regulars on the dinner menu.

Momos.jpg
Now, so many years later, I think back to my family's loose change jar, the largest Costco-sized pickle jar you'd find, with the words CHINA FUND crookedly penned on the label. In it, we all eagerly dropped our change, hoping that one day there might be enough collected to take our party of four there. And so while childhood road trips were our reality, we were taught to dream far and wide, and so we did. While none of us have yet made it to China, it was those early lessons learned in the bed of a fire engine red Volvo station wagon and around our kitchen table that taught us that seeing the world outside our backyard was not only important, but necessary. And wherever we went, we were to eat a lot, and eat well.

Good food and good travels. I wish the same for you.

Read the original article online.

*Karla Groesbeck is the owner of Tai Chi Love and has been teaching for 25 years. With hundreds of students, she innovates internal empowerment training, as well as Tai Chi solo, two-person and weapons forms. You can learn more about Karla Groesbeck and her classes on her website at taichilove.com.*

**How has the slow and moving quality of Tai Chi shaped how you see the world?**

Yes, the movement is slow: to learn to feel inside oneself, to meditate, to develop and utilize tàijí zhéxué—living the "grand philosophy" of yin and yang. Above the door at the great oracle of Delphi were the words "Know thyself." With good Tai Chi (solo form, two-person, and standing meditation), one learns about their true self, physically, internally, and spiritually. This is key to proficiency in the martial art of Tai Chi…and life. In the beginning of martial arts training, one learns to defeat the other. Later, one learns it is the self (ego) that one needs to defeat. It is said, "If you can't do something slow, you'll never be able to do it fast." We imitate, assimilate, activate and, eventually, innovate. We do the forms slowly to deeply feel, but also to get the movements into our higher mind—transcending the forms so that, like a monk, we can move, or not move (be still), instinctively. Tai Chi is based on Taoist principles. We do less, and less, and leave nothing left undone. The words Tai Chi mean "grand ultimate" or the biggest of the big…really big! It also acts like a prefix, as in, Tai Chi Chuan meaning "Grand Ultimate Fist/Boxing", aka the finest martial art.

Ultimately, we want to get ourselves into such a state of harmony that we are unflappable, calm, and internally powerful. This doesn't mean that we are unconcerned. It just means that we know, by living the principles of yin/yang/tao, that all things are cyclical and that when challenged in one moment, bliss is also there, without fail. All is a matter of perspective. Likewise, when things are especially fabulous, I bank this feeling to shore me up when I am stressed. I practice and teach returning to the middle way, in posture, gestures, and overall attitude. I call this zhong ding, song, ting—center, relax, listen/ feel. Within the Tao, there is Yin and Yang. There is never one without the other.

**How did you use this quality to move through the pandemic?**

I use tàijí zhéxué every day—every moment. I must remain flexible and centered. I tell my students the more self-ful we are, the less selfish we will be. We must "fit in" and likewise understand that "this too, shall pass." No need to fight with what is. We need to *flow* with what is. Power without contention.

**You've taught Tai Chi to people in a wide variety of age ranges and with a wide range of physical abilities. Why is Tai Chi such a great exercise for the young and the old, and everyone in between?**

Tai Chi can be done anywhere, at any time, with no special equipment, or clothing… although clothing is preferred! It is a body, mind, and spirit practice with which everyone can resonate on some level. When I teach kids, we learn about nature and moving like animals. With teens, we develop that sense of cool and calm necessary to tolerate the social climate and burdens of high school. With adults, I teach stress relief and mindfulness techniques in addition to interesting, science-based body movement for better health (focus, heart rate variability, energy, and more). Lastly, with seniors the mind/body connection, proprioception (awareness of position and movement of the body), balance, and socializing are wonderful by-products of my Tai Chi classes. All ages benefit from stress-free body movement, deep breathing, calming & mindfulness techniques. Harvard Medicine has published that Tai Chi is the best exercise for cardiovascular health. Why? Because, movement is the key to good health. This does not mean: exercise, exhaust, sit, repeat. Health comes from as much movement, and quality rest, as one can do. Yes, we need to take at least 10,000 steps a day: walking, doing day-to-day activities, socializing. Our ancestors were constantly moving. Nowadays, we sit around too much. Sitting is the new smoking. Fortunately, with Tai Chi, players get four times the amount of movement as walking. This is because, in tai chi, "When one part moves, all parts move."

My Tai Chi is five things, and yet done as one: body movement, energy movement, meditation, martial art, and dance… all at the same time. It's a wonderful thing. Pleasure is nutrition. It is so healthy to do something that makes you happy.





**Just before the pandemic lockdown restrictions were ordered, you and a team of Tai Chi enthusiasts performed at the Little Caesars Arena during a halftime show for the Detroit Pistons. How did this opportunity come about and what was this experience like for you?**

I received a call on Christmas Day 2019 from Lisa Gray, goodwill ambassador and owner of Dragon Eagle television. She requested that I form a large team of students from my school to perform at the Chinese Culture and Heritage Night, roughly a month later. Prior to this, in November 2019, my elite demo team performed at The Great Lakes International Tai Chi Performance Festival at the University of Michigan Dearborn Basketball Arena. This was our first year performing. The selection committee also invited me to perform a solo of a form I created, center court, in front a live audience of over 500. Evidently, at this show, my students and I made an impact, which led to the Pistons performance. The experience was marvelous and exciting! I don't know when I have used more Tai Chi principles to remain calm and centered than for the prep and performance of this event. My teams and I trained, prepared, negotiated, and flowed through much work, obstacles, and fluctuating conditions… even up to the moment we needed to hit the floor with the superstars. I received our day-of details only minutes before the performance. I split the team, sending the Yang style to one end of the court and the Chen style to the opposite. We dodged and weaved through players, camera pros, photographers and instantly performed amidst traditional Chinese lion dancers, musicians, acrobats, opera performers, and more. What a blast!

**How did you learn about Tai Chi and first start practicing?**

25 years ago, I knew I needed to find a health and fitness practice that suited me… in order for me to stick with it. As a master gardener, I loved being peaceful in nature; a hallmark of Taoism, the philosophy on which Tai Chi is based. Tai chi is practiced outdoors as often as possible. Meditation, esoteric, and spiritual studies are my passion, starting in college and continuing into my management of Crazy Wisdom in the late 80s back when it was located on 4th Avenue. Therefore, Qigong, which means "energy work" is an ideal spiritual practice for me. Tai Chi is a form of Qigong. In my youth, I was a dancer and an athlete. The grace and strength present in Tai Chi is a win win, supporting my health goals, in line with my nature. I love being physically and mentally active, continually learning challenging things. (Right now, I'm learning Mandarin.) Tai Chi hit all the right buttons—it is called "the thinking person's exercise." Starting this art came to me intuitively. Actually, it came to me in a meditation session. I heard, 'Do Tai Chi." So, I did, and still do!

**What made you decide to teach?**

Well, actually, it was decided for me. When my teacher saw my natural skills, and true love of this art, he asked me to assist him in his classes. I didn't even have a year of experience! But, I had the mind, heart, and evidently, the moves. Overtime, my wife, Lauren McCarthy, and I started our own school called Tai Chi Love and it became my full-time job, even though I will forever be a student.

I was inspired to name our school Tai Chi Love because of the profound love I have for Tai Chi, the community of loving students connecting and supporting each other, and the overall feeling and expression of qi, the vastness of life force that energizes and sustains everything.

**Did you pivot to teaching online during the pandemic, and are you now transitioning back to teaching in person?**

It took me a minute to begin teaching online. While there are great things about virtual teaching and learning, there were definitely challenges like tech, setting up a good studio with ideal sound and visuals, etc. Mainly, I knew I was going to miss the energy of being with people. I still do! There is very little feedback from students during virtual classes. We teachers and speakers just need to keep performing our little hearts out. But, I know my students benefit. They keep coming week after week, especially folks who would be otherwise just stuck in their homes with fear. Some folks have even mentioned that our virtual classes feel like private lessons! I also take online classes now nationally and internationally with Masters of Tai Chi. Before, the travel and live seminar fees would have made this impossible.

**Will you keep the online opportunities for learning when you return to teaching in person?**

I will teach virtually as long as there's a need. People who are interested in my group classes can visit the calendar page on my website taichilove.com, or request private sessions at info@taichilove.com. Many of my classes are sponsored by Washtenaw Community College grants and the Washtenaw Recreation Center, where folks who are interested can join fee-free, or at a low rate. Most are virtual, some are going live. Right now, additionally, I teach hybrid classes live in Vet's park that are simulcast on Zoom. Good thing I know tech, have tech, and have a lot of patience!

From Issue #77

# LEAPS OF FAITH

## TALES OF LOCAL BUSINESSES

By Laurel Hogge

*This column is a look at a brave soul who took a leap of faith to open her own business. This is a business owner following her dreams and thriving despite the odds—and Covid.*

### This That, and the ODDer Things

Claire Broderick — Owner
50 Cross Street
Ypsilanti, MI 48198
Open Saturday 12-7 p.m. Sunday 12-5 p.m.
https://odderthings.business.site

Claire Broderick waited with the world, trying to grasp the fallout of the Covid-19 pandemic. Even though she wanted so badly for 2020 to be the year she would manifest her dream of opening a retail shop filled with her collection of what she calls "uniquities," there was reason to pause.

In the meantime, she kept dreaming, researching, and collecting. Adding a taxidermy octopus here, reaching out to a bone jeweler there. She knew how important it was to persist and keep planning.

As a professional hair stylist for 14 years, Broderick built a solid clientele in a trendy Ann Arbor salon. She told me how much she loved it there, but added, "I've always wanted to have a business local to Ypsilanti and Depot Town especially because it has been my neighborhood for over 14 years." If any community was willing to embrace a business called This That & the ODDer Things (emphasis on the ODD), it would be Depot Town.

So, when I asked if there had been any lucky breaks that may have only happened because of Covid, she explained that a space in Depot Town opened up when Michigan closed down. The previous owner likely had to make the difficult decision to lock the doors when everyone was ordered to stay home.

The space remained empty for months before Broderick took a look inside. What she saw was the perfect fit for her salon/store concept. Her creative wheels started turning and she could see the transformation — the wood floors, the fresh paint, the new sign on the window — that would house her vision. She could even imagine a bookshelf in the back of the store that would secretly lead to her salon.

It was perfect. Broderick made the decision to move forward. She signed the lease and used her down time to renovate and set up the shop so it would be ready when people started venturing out more. To answer my question she adds, "So in some respects the whole thing is lucky because of Covid. I don't know if it was the best time, but it was the right time for me to pull my pieces together and make the dream happen once and for all."

As Michigan eased up restrictions on businesses, Covid loomed. We were also just beginning to realize the collective impact the pandemic was having on mental and emotional health. Having recently lost a number of close friends, family, and beloved pets, Broderick knew the importance of staying connected and keeping spirits up. Now that her shop and salon were in place, she needed to solve the issue of safety. One dear friend lost his life

to the Covid virus, so she felt a particular responsibility to keep her customers safe.

Broderick also felt it was important that people could relax and feel comfortable in the refuge she created for them. Her creativity again kicked in as she went about addressing the need for air circulation. She decided to convert her back patio into a place for outdoor professional hair care. By adding an enclosure with good air circulation, she could heat it to a cozy temperature in the winter. This, along with keeping masks on, made Broderick and her hair clients more comfortable. She adds that this temporary fix will likely be a permanent feature and that "This was the best Covid related win, because I'm thrilled to work outside, and my people love it!"

Although she found a work-around for the salon, traffic in the retail side of her store was slow to pick up. Broderick found that "with the deep winter season and Covid putting restaurants down for the count, we did not have a wildly successful holiday season. That was not a full surprise, but definitely one, nonetheless. Retail is supposed to make a huge percentage of sales during the holiday season."

**Read the entire article online.**

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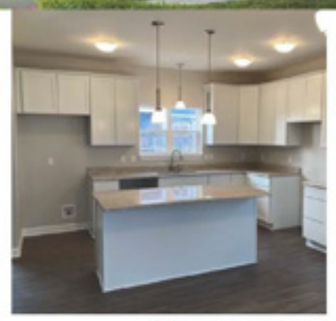
See you there!

Broderick's passion for embracing the unconventional has led her to create a shop that entertains and charms those who wander through it.

# TOUCHSTONE



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## Crazy Wisdom Poetry Series

**hosted by**
**Edward Morin, David Jibson, and Lissa Perrin**

**Second and Fourth Wednesday of each month, 7-9 p.m.**

**Until further notice, all sessions are virtual and accessible through Zoom.**

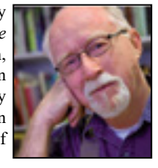
**Email cwpoetrycircle@gmail.com for Zoom link**

**Second Wednesdays, 7-9 p.m.:** Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

**Fourth Wednesdays, 7-9 p.m.:** Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

### Featured readers

**June 23 - Kelly Fordon**, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind.* Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com

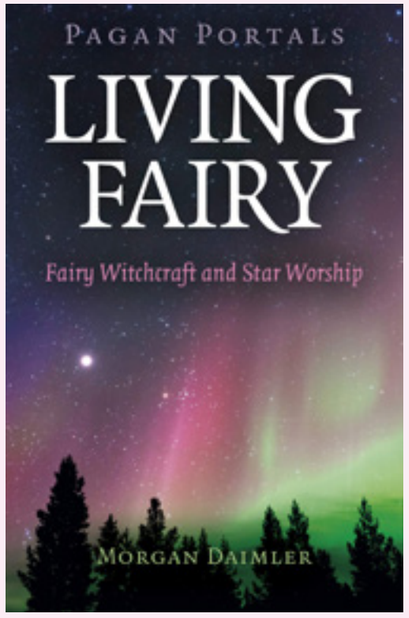


**July 28 - William Trowbridge**'s eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

### Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.*
*There is never a charge.*
https://cwcircle.poetry.blog/

## Crazy Wisdom Book Pick of the Week




The human world and the Otherworld have always been intrinsically connected just as the beings within them are, but these connections have been strained in the Western world over the last millennia. Cultural and religious shifts have pushed the Other to the fringes and centred humanity in the world and in many spiritual frameworks. As we move into the 21st century the Othercrowd is pushing back, seeking a return to their place in things. Many witches are feeling this shift. Living Fairy is a look at ways to deepen your practice of fairy witchcraft by actively calling the Good Neighbours back, and connecting to them more experientially. It emphasizes older ways of relating to them within a modern framework, while acknowledging the good and the bad that comes with this work. There is also an emphasis on moving away from solar and lunar holy days into a system focused on the stars, which may be an older way to relate to both the fairies and our spirituality.

Purchase your copy of *Living Fairy* at shopcrazywisdom.com.

Live in the sunshine,
swim in the sea,
drink in the WILD air.

—Ralph Waldo Emerson

artwork by Jennifer Carson

The spring issue of
*The Crazy Wisdom Community Journal*
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

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or

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The Crazy Wisdom Community Journal
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May through August 2021 • Issue 77
Cathy King
— The King Family —
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HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More





# The Crazy Wisdom weekly Calendar

## Animals and Pets

**Basic Animal Communication with Judy Liu Ramsey• Saturday, June 19-Sunday, June 20 • 9:00 a.m.** • Rediscover your natural telepathic communication skills with step-by-step instruction. In a supportive class environment, learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Class will be online via Zoom format. Required reading: Animal Talk by Penelope Smith. $150/$75 for repeating students. Contact Judy Ramsey via email at ramsey.judy003@yahoo.com or https://JudyRamsey.net.

## Bodywork and Body mind Therapies

**Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: June 20, July 18, and August 15 • 3:00 p.m.** • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

## Buddhism

**Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m.** • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

**Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service** • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

**Karma—Opportunities and Challenges (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • July 10 • 9:00 a.m.** • What causes the events in our lives to happen? Is it chance or the actions of a higher power—or just cause and effect? This workshop explores the reality of actions and their consequences through guided meditations, individual meditation, and discussion. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org

## Ceremonies, Celebrations, and Rituals

**Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • June 27 • 11:00 a.m.** • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

**Summer Solstice and Blessing of the Labyrinth with Esther Kennedy, OP • Sunday, June 20 • 3:30 a.m.** • Those of us in the Northern hemisphere of our beautiful planet gather to remember our connection to the Sun, source of our light. We celebrate the fullness of life growing in the fields around us. In gratitude for all, we light the Solstice Fire. As it burns, we honor the spiritual fire within each of us. Free and open to all. Contact the Weber Center at 517-266-4000 or visit webercenter@adriandominicans.org.

## Death and Dying

**End-of-Life Doula Training with Patty Brennan • July 7, 17, 18 • 9:30 a.m.** • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

## Dreamwork

**Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. •** Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

## Exercise and Fitness

**Moving Meditations: Spiritual Forms for Physical Health with Michelle McLemore, CHTP, Rev. • Saturday, July 10 • 11:00 a.m.** • Religions across the world share many of the same moving prayer forms. Research shows the combination of focused thought along with movement increases energy intake & energy flow, raises vibration, and helps the overall physical health. Explore poses that overlap between yoga, Christianity, Islam, and other spiritual, intentional forms. Learn a short moving meditation that combines the health-improving, most utilized poses world-wide, yet is not linked to one set religion or dogma. 1 hour workshop. Participants should bring their own towel or yoga mat. $40. Contact Michelle McLemore at 517-270-0986 to register or visit energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

## Fairs and Festivals

**Psychic Saturday Party • June 19 •** At our twice-monthly ESC Psychic Parties (1st & 3rd Saturdays), we have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof! Psychic mediums, tarot/oracle card readers, and medical intuitives can connect you with departed loved ones and the life guidance you seek. Intuitive energy healers using Reiki and other healing modalities can give relief from and insight into physical issues. Sessions 15 minutes minimum, $2/minute. NEW SUMMER HOURS: 3:00-9:00PM, drop-in, first-come first-served. $3 admission includes gifts for all attendees, shopping, FREE snacks, FREE parking!

**PSYCHIC READERS on June 19:**
Marielle Gagne' - Psychic Medium, Medical Intuitive
Susan Harvey - Angel Readings
Michelle Michael - Angel Cards, Psychic Medium
John Floros - Clairvoyant Medium
**ENERGY HEALERS on June 19:**
Melissa Piper - Angelic Reiki
Joy Aleccia & Trish Maley - Intuitive Reiki & Chakra Balancing
**SPECIAL VENDOR on June 19:**
Jingling Gemstones & Jewelry

Learn more at: enlightenedsoulcenter.com/psychic-saturday-party-june19

## Life Transitions

**Navigating Loss and Grief in Grace with Barbara Hutton • June 21, July 25 • 12:00 p.m. •** A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

## Meditation

**Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m.** • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

**Solstice Sound Bath Meditation with Rob Meyer-Kukan • June 19 • 7:00 p.m.** • Join Sound Therapist, Rob Meyer-Kukan of 7 Notes Natural Health for this dedicated time to prepare for the coming season and solstice. Using over 40 different, Rob will create a sound bath meditation that allows you to enter the new season feeling relaxed, calm, and refreshed. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc. Participants are required to wear a face-covering during this. $25 Advanced Registration Required at forms.gle/MAjDpeh4WEZcS6Jp7. Space is limited to 8 participants. Please note that registration closes on June 18. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

**Freedom: Online Sound Bath with Rob Meyer-Kukan • July 4 • 7:00 p.m.** • Join Sound Therapist, Rob Meyer-Kukan, for this celebration of FREEDOM on Independence Day. Singing bowls, gongs, chimes, and more will be combined to bring the listener to a space of relaxed freedom. This sound bath meditation is brought to you in a donation-based model; you may donate at paypal.me/robmk. To watch/listen to this sound bath meditation, visit.youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sunday, July 18, 25, August 1, 8 • 1:00 p.m. •** Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. $190 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.






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**Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m.** • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. $255 by July 15; $295 after this date. Contact info@mc4me.org.

## Prosperity and Abundance

**Doula Business Development Workshop with Patty Brennan • Saturday, June 19 • 8:30 a.m.** • Visioning, launching, and growing a business is a creative act. It necessarily involves getting outside of your comfort zone, the humility to be a novice, and a willingness to learn. The payoff is becoming one of those rare people who loves their job, who gets paid for doing work you were born to do, on your own terms. $220; $200 early bird. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

## Retreats

**Heart Sutra with Demo Rinpoche • Friday, June 18, Saturday, June 19, 8:30 a.m. to 8 p.m.; Sunday, June 20, 8:30 a.m. to 5 p.m.** • The Heart Sutra, one of Buddha's greatest gifts to humanity, is a quintessential teaching on the true nature of reality. $180/Jewel Heart Members, $225/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or message programs@jewelheart.org. jewelheart.org

**The A-B-C's (and D-E-F-G's) of Light Body (2-day course via Zoom) with Karlta Zarley, RN, CHTP • June 19, 8 a.m.-12:30 p.m. and June 20, 1-5:30 p.m.** • We will be reviewing the basics about Light Body transformation and then going on to more advanced material. You will get to assess where you are in this process. Registration deadline is June 10. Attendance is limited to the first 12 people so there is plenty of time for Q&A. $110. Contact Karlta Zarley at 734-834-1566 or kzarley88@gmail.com.

## Shamanism

**Basic Shamanic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • July 10,11 • 9:00 a.m.** • The shamanic journey is an easy and powerful tool we can use to access spiritual guidance. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. $140. $160 if paid after July 1. Contact Judy Liu Ramsey at ramsey.judy003@yahoo.com; https://JudyRamsey.net.

**Connection & Empowerment with Connie Eiland, Shamanic Practitioner • Saturday, July 10 • 10:00 a.m.** • With journeys and divination, this class will advance your skills and improve your connection to Spirit and the web of Life. It will help clarify and strengthen your personal power. Time will be spent partly in nature to assemble a medicine bundle. Ceremony and initiation are included. $180 till June 26, then $220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

## Spiritual Development

**Peace Generator (via Zoom) with Craig Harvey • Friday, June 18, July 16, August 20 • 7:00 p.m.** • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

## Stress Management

**Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM** • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

## Tai Chi, Martial Arts, and Self Defense

**Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times** • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

**Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times** • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.





## Writing and Poetry

**Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, June 27, July 25, August 22 • 1:15 p.m.** • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

**Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: July 14, August 11 • 7-9 p.m.** • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

**Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyne Wright, Kelly Fordon, and William Trowbridge • Wednesday, June 23, July 28 • 7-9 p.m.** • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

**Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 15, July 22, July 29, and August 5 • 6:00 p.m.** • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: $80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

**How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m.** • Upasna Kakroo, illustrator and co-author of the children's book Lil' Danny Runs A Race, will share her journey of how to get from concept to finished product in the genre of Children's Literature. $5. Contact Clementine at fitfundone@gmail.com.

## Yoga

**Virtual Yoga Classes with Imagine Fitness** • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

**Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype** • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

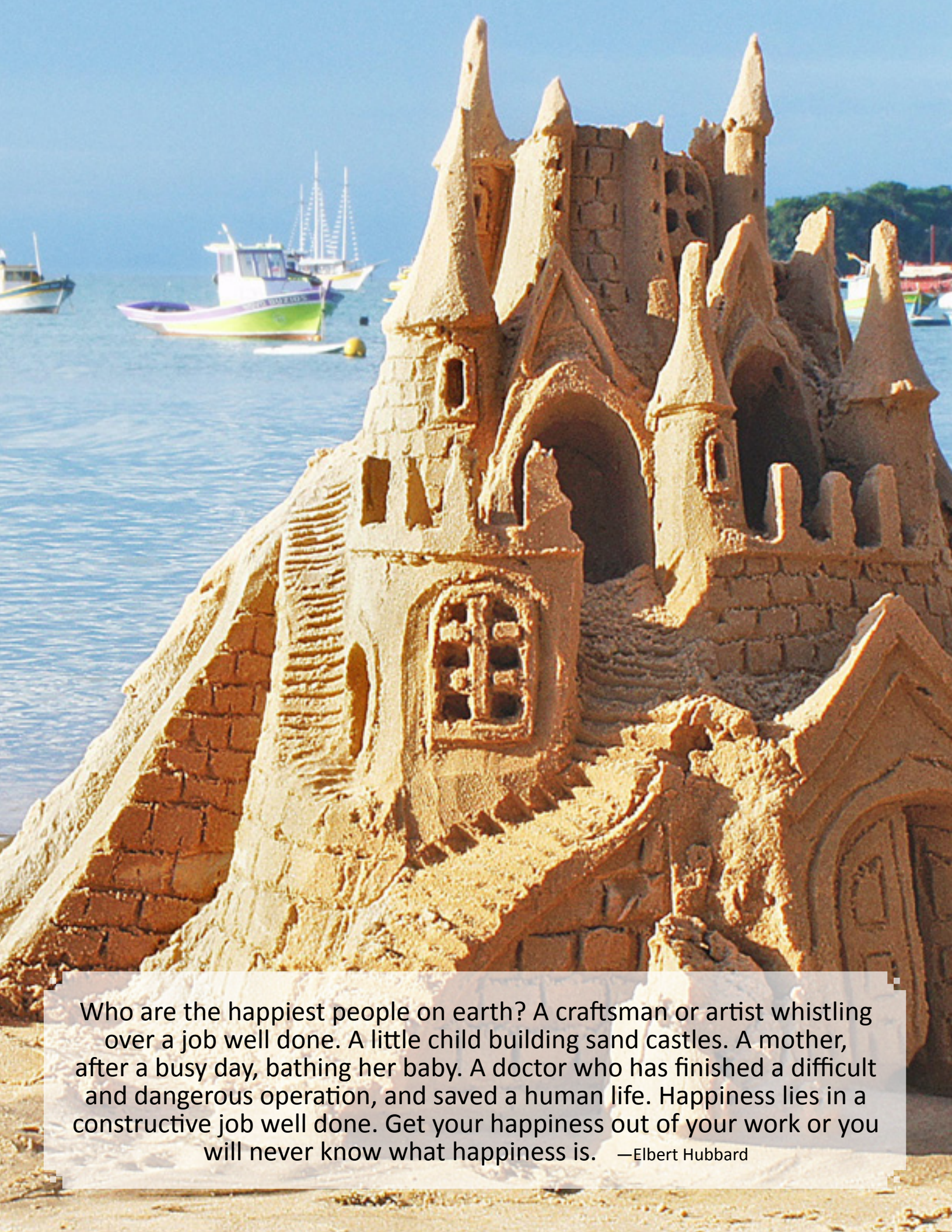
**Yoga RYT200 Teacher Training with Ema Stefanova • Flex Start and Finish Dates, Flexible In-Person and remote learning.** • Our teacher training is student-centered, fun, practical, and well designed to systematically deepen your understanding of all aspects of yoga, help develop your personal practice (Sadhana), help develop skills for safely teaching yoga including meditation, and help integrate yoga and meditation in your professional career as a social worker, schoolteacher, massage therapist, or healthcare professional. For more information, contact Ema at YogaAndMeditation.com.

**Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m.** • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.

**Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m.** • For experienced students who are working on inversions or appropriate alternatives. $98/7 weeks $15/class. Contact sue@yogaspaceannarbor.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.



Who are the happiest people on earth? A craftsman or artist whistling over a job well done. A little child building sand castles. A mother, after a busy day, bathing her baby. A doctor who has finished a difficult and dangerous operation, and saved a human life. Happiness lies in a constructive job well done. Get your happiness out of your work or you will never know what happiness is. —Elbert Hubbard